

Member Health Education Newsletter - 2024



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7 ways to keep your heart healthy and strong

Your heart is about the size of a clenched fist and it's busy 24 hours a day, 7 days a week, delivering blood filled with nutrients such as oxygen to the rest of your body. It's one of the most important organs in your body. That's why it's important to adopt lifestyle habits that nurture your heart. Here are a few ways to keep your heart happy and healthy.

- 1. Sit less and move more!** Regular exercise helps you maintain weight and lower your blood pressure, cholesterol and blood sugar levels. Choose movement you enjoy.
- 2. Eat heart-healthy meals.** Healthy meals are low in saturated and trans fats, salt and added sugar. They are rich in whole grains, fiber and antioxidants. For heart-healthy recipes, click [here](#).

When cooking include:

- **Fruits and vegetables** (try to eat at least five servings of both fruits and vegetables per day)
 - **Whole grains** (swap white bread, pasta and rice for multigrain bread, whole-grain pasta and brown rice)
 - **Good fat** (e.g., avocado, nuts and fish)
 - **Cook with healthier oils** (e.g., olive and avocado)
 - Use **herbs** and **spices** instead of salt
- 3. Quit smoking.** Giving up tobacco is one of the best things you can do to show your heart love. Lots of help is available! Through [Molina's My Health – Tobacco Cessation Program](#) members (adults 18+) can work directly with a trained health educator to make an individual tobacco cessation plan of care and receive support throughout your journey. You can also visit [Smokefree.gov](#).





- 4. Control your cholesterol levels.** The first step is to find out your personal cholesterol levels. To do this, schedule an appointment with your doctor and start the discussion. If you are at risk of heart disease or stroke, ask your doctor for advice on lowering your risks. If you need help finding a provider visit: MolinaProviderDirectory.com/WA.
- 5. Control your blood pressure.** High blood pressure increases your risk of heart disease. A blood pressure reading under 120/80 mmHg for most people is best for your overall health. Talk to your doctor about your blood pressure level and how to keep it in a healthy range.
- 6. Reduce stress.** Learning how to manage stress with healthy coping strategies helps improve your physical and mental health.
- 7. Get plenty of sleep.** Lack of sleep or getting poor quality sleep increases the risk of having heart disease and other medical conditions. [Click here](#) to find out if you are getting enough sleep.

For more information about how to keep your heart healthy, visit: CDC.gov/heartdisease/.

Sources:

[American Heart Association](#)

[National Institute on Aging](#)

[Centers for Disease Control and Prevention](#)

Get care anytime, anywhere

Health issues can happen any time, even on nights and weekends. As a Molina member, you can talk to a qualified health care provider 24 hours a day, 7 days a week.

- **Speak to a nurse when you:**
 - Have a health question any time of the day or night
 - Think of a question after you visit your doctor
 - Feel sick and aren't sure what to do
 - Feel sick or hurt and don't know where to go for care

Call our 24-hour Nurse Advice Line

(888) 275-8760, English

(866) 648-3537, Spanish

TTY: 711 Deaf & Hard of Hearing

For emergencies, call 911



The importance of lead screening



Contact with lead is poisonous and can be very harmful to the body, especially for children below 6 years old. This is because their brains are still developing. Their bodies take in lead more easily than adults. This can cause slowed growth, behavioral, learning, speaking and hearing difficulties, as well as anemia and stomach pain.

Lead poisoning in adults, including pregnant people, can cause high blood pressure, kidney or reproductive problems. Lead poisoning can be passed on to the unborn child during pregnancy.

Sources of lead exposure:

- Eating or drinking food or water containing lead
- Using items that have lead such as cooking utensils or playing with toys containing lead
- Breathing air containing lead dust
- Lead-based paints (most houses built before 1978)

Children under the age of 6 are more at risk from lead poisoning. This is due to their hand-to-mouth behavior. Eating things like toys and dirt can be harmful.

A blood test is the best way to find out if you or your children have been exposed to lead. A simple blood test will show the level of lead in the blood. If the lead level is above the approved level, the doctor will advise treatment to remove lead from the blood. This includes avoiding lead exposure, keeping a diet high in iron and calcium or using medical treatment (chelation therapy) to remove lead from the blood.

Lead exposure is avoidable. Stopping lead exposure before it happens is the best way to make sure nobody gets hurt by it.

Steps to prevent lead exposure:

- Make your home lead safe (click for additional Information: [Protect Your Family from Lead in Your Home \(English\) | US EPA](#)):
 - Have a lead inspector check your home if it was built before 1978
 - Check your drinking water
 - Repair your house safely, reducing lead dust
- Make sure the products you use do not contain lead:
 - Children's toys
 - Kitchen utensils
 - Medicines and cosmetics
 - Avoid food that may contain lead
- Take steps to stay healthy:
 - Eat a well-balanced diet containing calcium, iron and vitamin C to help keep lead out of the body
 - Make sure children wash their hands and face after playing with toys, outside or with pets whose paws may have touched soil
 - Remove shoes when you enter the house

Be safe when working with lead. Use separate clothes and shoes while working with lead. Change out of these clothes before leaving work and going into your home.

Recommendation: If you are at risk or have been exposed to lead, talk to your doctor to find out if a blood test is needed. The Center for Medicare and Medicaid Services (CMS) requires all children enrolled in Medicaid to get tested for lead at 12 and 24 months of age. If not tested at those ages, CMS advises to test between 24-72 months.

Data Sources: [Lead | Washington State Department of Health](#) & [Overview of Childhood Lead Poisoning Prevention | Lead | CDC](#)

Molina adds LGBTQIA+ support to Case Management Services

Molina Healthcare is proud to introduce a new member to our Case Management team: an LGBTQIA+ Healthcare Navigator. This dedicated team member is focused on ensuring equitable and inclusive health care access for all Apple Health (Medicaid) members of the LGBTQIA+ community.

The role of the LGBTQIA+ Navigator involves guiding members to appropriate health care services and resources. The Navigator will make sure members can navigate health care with confidence and pride. Additionally, our Navigator can provide help finding health care providers and resources for gender affirming care and a comfortable life.

At Molina, we are committed to a health care system that celebrates diversity, inclusivity and dignity for all members. For assistance with gender affirming care, please contact Molina's Member Services.

For more resources that provide crisis support and advocacy contact:

- Trans Lifeline | (877) 565-8860 | translifeline.org
- The Trevor Project | (866) 488-7386 | thetrevorproject.org



Getting Care During Pregnancy



So, you think you may be pregnant? Now is the time to make an appointment with your doctor (either a doctor or nurse midwife). It is important to call right away because it might take a few weeks to get an appointment. For help finding a provider, you may visit our online provider directory at MolinaProviderDirectory.com/WA or call Member Services. You should also start taking prenatal vitamins (if you are not taking them already). If you have questions about the safety of medications you are taking during pregnancy, your provider's office can answer your questions.

At your first prenatal visit, your provider will figure out your due date and this may include an early fetal ultrasound. Your provider will ask you about your medical history. They want to see if you have any health issues that may make your pregnancy higher risk. Be sure to tell your provider about any health problems you may have.

At the first visit, you will have a physical exam, including a pelvic exam. Certain blood and urine tests are also done. The tests look for things like your blood type. They also screen for sexually transmitted infections like syphilis and HIV. You will be checked to see if you have a bladder infection. It is important to treat infections as soon as possible during pregnancy to protect you and your baby.

You will also be offered some optional genetic tests. About halfway through your pregnancy, you will have an ultrasound to make sure the baby is growing. Through the ultrasound, providers can also see if there are problems with the baby's development and check the baby's heart, kidneys, brain, arms, legs and more.

At each visit, your provider will check your blood pressure. They will also check your urine. They will measure your belly and listen to the baby's heartbeat. They will ask how you are feeling and allow time for you and your partner to ask questions. Make a list of questions and take them with you so you don't forget anything while you are there. Getting early and regular prenatal visits is the best thing you can do to have a healthy pregnancy and baby.

Data Sources: [Tips for Pregnant Moms | WIC Works Resource System usda.gov](https://www.usda.gov/wic/tips-for-pregnant-moms) and [Physical Activity and Exercise During Pregnancy and the Postpartum Period | ACOG](https://www.acog.org/clinical/clinical-guidance/patient-education/2019/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period)
[Pregnancy | CDC](https://www.cdc.gov/pregnancy/) and [50 Tips for a Healthy Pregnancy \(verywellfamily.com\)](https://www.verywellfamily.com/50-tips-for-a-healthy-pregnancy/)

Download the My Molina mobile app

Have your health information at your fingertips. Anytime, anywhere. With the My Molina mobile app you can easily:

Search for providers

Use our advanced search options to find providers that meet your needs.

Access your digital ID card

View both sides of your ID card. You can print it from the app or email a copy to your provider.

Change your PCP

Search for and change your PCP using the doctor finder.

Other features

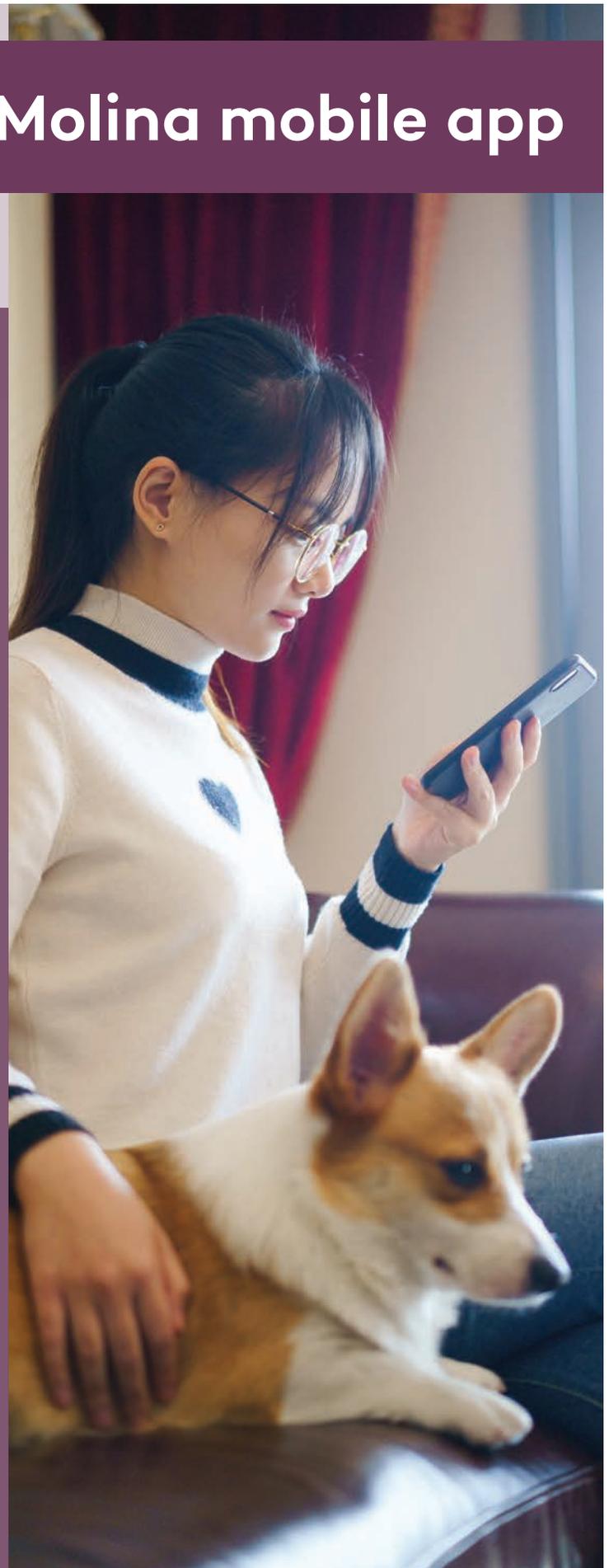
- View Benefits-at-a-Glance
- Check your eligibility
- Contact your care manager
- Find a pharmacy near you
- Find an urgent care near you
- View medical records
- Call our Member Services team
- Speak to a nurse through our 24-hour Nurse Advice Line
- Receive important notifications

Download the My Molina mobile app today from the Apple App Store or Google Play Store.

Or scan this QR code



SCAN ME



Get text messages from us!

Don't miss important messages from Molina. You can now opt in to receive text messages from us! Simply text **JOIN** to **94870**.

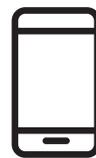


Follow us on social media!

Stay up to date on Molina news, important health reminders, plan information and community events.



If you have any questions, please reach out to our Member Services team:



Apple Health	(800) 869-7165
Marketplace	(888) 858-1983
Medicare	(800) 665-1029
TTY	711

